



Mon	Tue	Wed
	1 11:45 LUNCH MENU <i>Beef Stew</i> Whole Grain Bread Garden Salad Cantaloupe 1:00 Movie, Blind Side	2 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Mediterranean Fish</i> Brown Rice Pilaf Broccoli & Cauliflower Carrot Raisin Salad Apricot 12:45 Bingo, lunch room
7 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Spaghetti w/ Meat Sauce</i> Marinated Salad Sautéed Fresh Broccoli 100% Fruit Juice Hawaiian Day Party 1:00 BIG BINGO, lunch room	8 8:30 HICAP 9:15 Eyeglass Repair 11:45 LUNCH MENU <i>Breaded Cod</i> Corn Chowder Whole Grain Roll Sautéed Asparagus Oven Browned Potatoes Orange 1:00 Movie, Law Abiding Citizen	9 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>BBQ Chicken</i> Pasta Salad Cauliflower & Carrots Apple 12:45 Bingo, lunch room
14 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Salmon Stuffed Boats</i> Couscous Swiss Chard Baked Tomato Peaches	15 11am Information + Referral 11:45 LUNCH MENU <i>Pork Chop</i> Vegan Split Pea Soup Whole Grain Muffin Garden Salad Tangerine Oatmeal Cookie 1:00 Movie, The Time Traveler's Wife	16 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Chop Suey w/ Pork</i> Fried Brown Rice Chilled Broccoli Salad Fresh Fruit 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting
21 10:00 Fashion Show 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Turkey Meatloaf w/ Gravy</i> Whole Grain Bread Brussels Sprouts Garlic Mashed Potatoes Fresh Fruit 2:00 Newcomers Group	22 9:15 Eyeglass Repair 11:45 LUNCH MENU <i>Chicken Pot Pie (vegetarian available)</i> Confetti Coleslaw Apple 1:00 Movie, Old Dogs 1:00 HICAP 2:00 Hearing Screening	23 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Salmon Fillet</i> Brown Rice Steamed Spinach Minestrone Soup Banana Sugar-Free Pudding 12:30 Alzheimer's Screening 12:45 Bingo, lunch room
28 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Swedish Meatballs</i> Egg Noodles Baked Tomato Spinach & Cheese Salad Pineapple	29 11:45 LUNCH MENU <i>Pasta Primavera w/ Ham</i> Hard Boiled Egg Garlic Bread Garden Salad Banana Oatmeal Cookie 1:00 Movie, Precious	30 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Chicken A La King</i> Brown Rice Pilaf Au Gratin Potatoes Apple 12:45 Bingo, lunch room

Thu	Fri	Strawberry Muffins
3 8:30 Notary Service 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Spinach Salad & Black Bean Soup</i> Hard Boiled Egg Whole Grain Muffin Vanilla Yogurt w/ Bananas 1:00 SALA Appts	4 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Szechwan Chicken</i> Brown Rice Sautéed Cabbage Green Salad Pineapple 1:00 Movie, Blind Side	 INGREDIENTS 1/4 cup canola oil 1/2 cup milk 1 egg 1/2 teaspoon salt 2 teaspoons baking powder 1/2 cup white sugar 1 3/4 cups all-purpose flour 1 cup chopped strawberries
10 10:30 Dancing, lunch room 10:00 VTA Cards 11:45 LUNCH MENU <i>Stuffed Cabbage</i> Brown Rice w/ Baked Veggies, Feta Cheese and Cherry Tomatoes Fruit 1:00 WORKSHOP, Cross Sums	11 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Egg Frittata</i> Whole Grain Muffin Salad Three Bean Salad Sugar-Free Jello w/ Pineapple 1:00 Movie, Law Abiding Citizen	INSTRUCTIONS <ul style="list-style-type: none"> Preheat oven to 375 de- grees F (190 degrees C) oil an 8 cup muffin tin, or use paper liners. In a small bowl, combine oil, milk, and egg. Beat lightly. In a large bowl, mix flour, salt, baking powder and sugar. Toss in chopped strawberries and stir to coat with flour. Pour in milk mixture and stir together. Fill muffin cups. Bake at 375 degrees F (190 degrees C) for 25 minutes, or until the tops bounce back from the touch. Cool 10 minutes and remove from pans.
17 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Spinach & Cheese Tortellini w/ Tomato Sauce</i> Potato Salad Baked Eggplant Mandarin Oranges 1:00 SALA Appts 1:00 WORKSHOP: Activities for Seniors in the Bay Area.	18 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Sesame Orange Chicken</i> Brown Rice Green Salad Orange Birthday Cake 1:00 Movie, The Time Traveler's Wife	Servings Per Recipe: 8 NUTRITION INFORMATION Calories: 233 Cholesterol: 28mg Total Fat: 8.2g Sodium: 283mg Total Carbs: 35.9g Dietary Fiber: 1.1g Protein: 4.2g
24 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Chicken Asparagus Pecan Pasta</i> Caesar Salad Tropical Fruit Cup Sugar-Free Jello 1:00 WORKSHOP: Age related Macular Degeneration.	25 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Breaded Fish Fillet</i> Whole Grain Roll Sautéed Cabbage & Carrots Sautéed Mushrooms Orange 1:00 Movie, Old Dogs	
NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.		
 = Meal contains more than 1000mg sodium		